

Basic Steamed Collards

Makes: 5 Servings

Making this side dish is a simple way to add leafy greens to your meal.

Ingredients

- 3 cups** collards, washed and cut
- salt and pepper (to taste, optional)

Directions

1. Wash and cut 5 large collard leaves, removing the thick stems.
2. Place greens in a pot with about 1 inch of water, cover with a lid, and bring to a boil.
3. After water boils, reduce to low heat and steam for about 3-5 minutes.
4. Add salt and pepper, to taste.

Source: University of Maryland Extension. Food Supplement Nutri

Nutrition Information

Nutrients	Amount
Calories	10
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	1 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	